

Saturday Sessions

7:30-8:30 a.m. Conference Check-in and Package Pick-up. 📍 Evan Hazel Theatre							
Studio A		Studio B		Gymnasium	MP1	MP2	Pool/MP3
Session 1a-1 📍 8:30-10:00 a.m. Girls Forward's Building Blocks for Girl-Centered Programming Heidi Jackson		Session 1b-1 📍 8:45-10:15 a.m. Retro Fit: 80's Fit Revival		Session 1b-2 📍 8:45-10:15 a.m. HYROX for Group	Session 1a-2 📍 8:30-10:00 a.m. Reformer Pilates on the Mat Helen Vanderburg	Session 1b-3 📍 8:45-10:15 a.m. Moving Beyond One-Size-Fits-All: Coaching Neurodivergent Clients Toward Better Health Michael Barrett	
		Jessica Power Cyr		Michelle Felzmann		Michael Barrett	
Session 2a-1 📍 10:25-11:50 a.m. TRX Programming 101 Michelle Felzmann		Session 2b-1 📍 10:30-12:00 p.m. Core Stability vs. Core Strength		Session 2b-2 📍 10:30-12:00 p.m. Plyometrics: Moving with Great Leaps and Bounds	Session 2a-2 📍 10:25-11:50 a.m. Release the Shoulders Simone Hodgkinson	Session 2b-3 📍 10:30-12:00 p.m. Training for Longevity: Exercise Programming for Lifelong Health Wayne Russell	
		Helen Vanderburg		Jessica Power Cyr			
12:00-1:30 p.m. 📍 Evan Hazel Theatre Lunch: Presented by Office Gourmet Catering Keynote: "Adversity is an Opportunity" - Stan Peake							
Session 3-1 📍 1:45-3:15 p.m. Fascia & Function Helen Vanderburg		Session 3-2 📍 1:45-3:15 p.m. Step: One Block at a Time Michelle Felzmann		Session 3-3 📍 1:45-3:15 p.m. Less is More: How to maximize intensity, variety and innovation with little to no equipment Stan Peake	Session 3-4 📍 1:45-3:15 p.m. Release and Restore Simone Hodgkinson	Session 3-5 📍 1:45-3:15 p.m. The Brain on Exercise Jessica Power Cyr	Session 3-6 📍 1:45-3:15 p.m. Deep Dive: Mastering the Deep Water Movement Bank Leah Widynowski
Session 4-1 📍 3:30-5:00 p.m. Eccentrics: Stronger Through Negative Training Jessica Power Cyr		Session 4-2 📍 3:30-5:00 p.m. Fundamentals of Effective Group Cycle Training Judy Cudrak		Session 4-3 📍 3:30-5:00 p.m. Prep to Correct Michelle Felzmann	Session 4-4 📍 3:30-5:00 p.m. Chair Yoga Helen Vanderburg	Session 4-5 📍 3:30-5:00 p.m. Anatomy Ape Out Chester Guieb & Tyson Moore	Session 4-6 📍 3:30-5:00 p.m. Engaging Participants, Managing Feedback and Building Connection in Deep Water Classes Heather Scherer

Sunday Sessions

7:30-8:30 a.m. Coffee and light refreshments. 📍 Evan Hazel Theatre						
Studio A	Studio B		Gymnasium	MP1	MP2	Pool/MP3
Session 5a-1 📅 8:30-10:00 a.m. C'Mon Down to Compound Town Michelle Green	Session 5b-1 📅 8:45-10:15 a.m. Gears & Gains: The Full-Body Revolution Jessica Power Cyr		Session 5b-2 📅 8:45-10:15 a.m. Play Camp Michelle Felzmann	Session 5a-2 📅 8:30-10:00 a.m. Yoga Meets Foundational Fitness Principles Mary Casey & Lisa Axelson	Session 5b-3 📅 8:45-10:15 a.m. Personal Training Strategies for Adults 50+: Maximizing Muscle Development and Healthy Aging Scott Andrews	Session 5b-4 📅 8:45-10:15 a.m. Aqua Box Bootcamp Leah Widynowski
Session 6a-1 📅 10:25-11:50am Supporting Type 2 Diabetes Prevention with Exercise and Nutrition Rebecca Reitsma & Sarah Percival	Session 6b- 1 📅 10:30-12:00 p.m. Zone In on Cycle: Zone Training, Cadence, Drills & the Power of Music Sue Holtby		Session 6b-2 📅 10:30-12:00 p.m. One Perfect Rep Michelle Felzmann	Session 6a-2 📅 10:25-11:50 a.m. Power Pilates Jessica Power Cyr	Session 6b-3 📅 10:30-12:00 p.m. Why Hormones Matter: The Science Behind Muscle Growth, Metabolism & Menopause Lorelei Waters	Session 6c-1 📅 10:30-11:45am Metabolic Mayhem Leah Widynowski
12:00-1:30 p.m. 📍 Evan Hazel Theatre			Lunch: Presented by BarBurrito YMCA Fitness Leadership Awards Ceremony & Closing			

📌 Active Workshop 📌 Lecture